



## Steamed Sesame Rice

By Dylan Sabuco

**Prep Time 5 / Cook Time 5 / Serves 4 - 6**

### Fun-Da-Mentals Kitchen Skills

**boil:** to cook a food in liquid heated to the point of gas bubbles and steam forming (boiling point is 212 F at sea level).

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

### Equipment

- Small pot + matching lid
- Dry measuring cups
- Liquid measuring cup
- Fork
- Measuring spoons
- Wooden spoon

### Ingredients

Steamed Sesame Rice

- 2 C instant white rice
- 2 C water
- 1 pinch salt
- 2 tsp sesame seeds **\*\* (for SESAME ALLERGY sub dried onion flakes) \*\***

### Food Allergen Substitutions

## Steamed Sesame Rice

**Sesame:** Substitute dried onion flakes for sesame seeds.

### Instructions

#### Steamed Sesame Rice

##### measure + boil + stir

Measure and combine **2 cups instant rice** and **2 cups water** in a small pot over medium heat and cover with a lid. The lid is important to create steam within the pot. Steam will give the rice a fluffy texture. Boil for roughly 5 minutes or until all the water is absorbed and small holes appear at the surface of the rice. Season with **1 pinch of salt**. Stir gently with a fork, cover, and reserve for later. Practice some Japanese counting while you stir: 1 ichi (ee-chee), 2 ni (nee), 3 san (sahn), 4 shi (shee), 5 go (goh).

##### season + serve

Sprinkle in **2 teaspoons of sesame seeds**, stir gently with a wooden spoon, and the rice is ready to be served! Make sure to put a big scoop of Crispy Japanese Eggplant "Katsu" Curry over the top!

### Featured Ingredient: Sesame!

Hi! I'm Sesame!

"I can be a seed or an oil pressed out of a sesame seed. Sesame oil is used in Asian cooking, but it is a healthy oil you can also use to dress and cook other foods. You can find sesame seeds in Asian dishes, like Bibimbap, in salads, on the tops of hamburger buns, in chips, crackers, and even cakes!"

Sesame seeds are believed to be one of the oldest oilseed crops in the world. Many species of sesame grew wild in Africa. The sesame plant was domesticated about 5,500 years ago in the Indian subcontinent.

The ancient Egyptians may have grown sesame as early as 1600 BCE or as late as 30 BCE.

Ancient Romans cooked with sesame seeds and made a spread of ground sesame seeds and cumin.

In India, sesame seeds symbolize immortality and are used in sacred rituals. During funerals, Indians offer vases of sesame to help the dead pass to the afterlife. Indians also burn sesame oil in votive offerings because they consider it sacred.

The word "sesame" comes from late Middle English, from the Latin "sesamum" and Greek "σήσαμον: sēsamon," from an ancient Semitic language, like Akkadian, "šamaššamu."

Sudan produces the most sesame seeds worldwide, followed by Myanmar, Tanzania, and India. Japan imports the most sesame. They primarily use the oil from the seeds in their cooking.

Sesame is a hardy crop. It can survive a drought, high heat, and heavy rain.

Sesame seeds can be white, tan, brown, red, or black. We generally see white and black sesame seeds.

White seeds are mild, while black seeds taste more intense and visually striking.

Tahini is a paste made from ground sesame seeds. It is added to dressings or sauces and can be added to spreads, such as hummus and baba ghanoush.

You can make your sesame milk by soaking sesame seeds in water overnight and blending until smooth. Strain with a cheesecloth before serving.

Sesame seeds are a rich source of natural antioxidants, protein, fiber, B vitamins, iron, calcium, magnesium, phosphorus, copper, and zinc. They benefit your immune system and contribute to healthy blood pressure and blood sugar.

Sesame seeds can trigger allergic reactions. If you have a sesame allergy, food, cosmetic, and skin-care product labels should be carefully checked for sesame. Cross-reaction with nut allergies is also possible.